



Gynecologic Disease Center

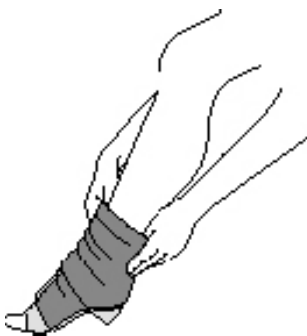
At Walter Reed Army Medical Center

Life with Compression Stockings

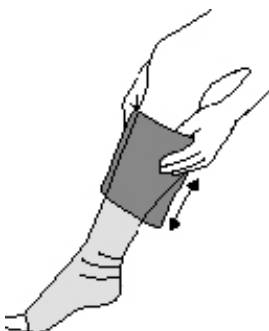
Apply lotion to your legs in the evening. Applying moisturizers to your legs before putting the stockings on can make it very difficult to put them on (don). Put on your stockings when you get up each day before you are up and about. This will help prevent fluid from accumulating in your legs before you put your stockings on. Wear your stockings whenever you are out of bed. Walk often. Practice routine periods of leg elevation. Remember wearing the stockings is only one of the steps you can take.

General Tips for Donning

Wearing compression stockings may take some adjustment. These tips are included to help make that adjustment easier. Apply a thin layer of cornstarch or powder on the lower part of your legs before putting on your stockings. This will help the stockings glide a little easier by decreasing the friction between your legs and the stockings. Wearing rubber type gloves will help you grip the stocking and help prevent rips, runs, or holes from forming in the stocking. Special assistive devices such as a stocking donner may be purchased. If you have open toe stockings put on the satin foot cover first.



Place your foot [toes pointed if possible] in the stocking until it meets resistance. With both hands grab the stocking on each side of your ankle and pull towards your body until it meets resistance.



Fold the stocking back onto itself, grab at the sides at the top of the fold and pull towards your body. Repeat the fold back and pulling procedure again until the garment is positioned correctly on your leg. Smooth out any wrinkles and adjust the heel and ankle area for comfort. The top of knee high stockings should be two finger widths below the crease at the back of your knee. Thigh high stockings should be two finger widths below your groin.



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Stockings will wrinkle and move throughout the day. Check your stockings periodically to smooth out any wrinkles.

Remove your stockings before going to bed. The stockings your physician has recommended may not be intended to be worn while you are laying down for more than one hour. Check with your physician.

Laundering

Hand or machine-wash with warm water and mild soap or detergent, or Jolastic® Washing Solution. No chlorine bleach. Warm water rinse. Hang or lay flat to air-dry. May dry in a dryer on low heat or delicate setting.

Replacing your stockings

The elastic fibers of your gradient compression stockings will break down with wear. Proper care will increase the “life” span of your stockings, but you will need to replace your stockings at least every 3-4 months. Your fitter may remind you to check your stockings. As a general rule, if your stockings become easy to put on, they probably need to be replaced.



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